

Dear Patricia,

I am writing in response to your request for comments regarding the WIC supplementation. I am a Registered dietitian working with Head Start parents. I am also a Foster parent and occasional WIC participant.

I have not seen the plans for the new WIC vouchers, but I would like to strongly encourage you to include fresh fruits and vegetables in the mix. I discourage excessive juice drinking for most of my clients, but many are on WIC and receive vouchers for juice. It would be nice if there were at least an option for a bag of apples, or oranges or a bunch of bananas instead of at least part of the juice. In addition some fresh vegetables would be great. I know cost control is an issue, but maybe lower cost vegetables such as carrots and broccoli could be included.

Thank you,

Sylvia Coulson
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SMC